



# ACTIVE ADULT PROGRAMMING WESTSIDE FAMILY BRANCH OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Toast Tuesday 10:30 - 11:30 am  *Poker with Vinny 10 - 11 am	<b>2</b> Rummikub 12:15 - 1:45 pm  Seated Tap Dancing: Beginner Level - Group Ex Studio 12:15 - 1 pm	<b>3</b>	<b>4</b>
<b>7</b>	<b>8</b> Toast Tuesday 10:30-11:30 am  Hike: Cummings Nature Center 11:30 am - 2 pm	<b>9</b> Rummikub 12:15 - 1:45 pm  Seated Tap Dancing: Intermediate Level - Group Ex Studio 12:15 - 1:15 pm	<b>10</b> *Mappina Club: Homemade Pasta 10:30 am to Noon  *Lunch & Learn 12:30 - 2 pm	<b>11</b> *Pickleball Basics for New Players - Meet in the gym 12:15 - 1:15 pm
<b>14</b> Special Presentation: Downsizing 101 - Conference Room 1 - 2 pm	<b>15</b> Toast Tuesday 10:30 - 11:30 am  *Poker with Vinny 10 - 11 am  *Mappina Club: Decorate Cutout Cookies Noon to 1:30 pm	<b>16</b> Rummikub 12:15 - 1:45 pm  Breast Cancer Awareness Month: *Craft Fundraiser - Bedazzle a snap pouch 12:15 - 1:15 pm	<b>17</b>	<b>18</b>
<b>21</b>	<b>22</b> Toast Tuesday 10:30 - 11:30 am	<b>23</b> Rummikub 12:15 - 1:45 pm	<b>24</b>	<b>25</b>
<b>28</b>	<b>29</b> Toast Tuesday 10:30 - 11:30 am  Special Presentation: Dr. Sam Camarata of Camarata Chiropractic PLLC - natural solutions for inflammation, pain relief, arthritis & enhancing mobility 11:30 am - 12:30 pm	<b>30</b> Rummikub 12:15 - 1:45 pm  Line Dancing - Group Ex Studio 12:15 - 1:15 pm	<b>31</b> Book Club 10:30 - 11:30 am	

An asterisk { \* } indicates that sign up is required  
Email [maria.tette@rochesterymca.org](mailto:maria.tette@rochesterymca.org) with any questions, interests or talents



# EVENT DESCRIPTIONS

## **Toast Tuesday**

The Toast cart is back! Enjoy a light snack and fellowship on Tuesday

## **Book Club**

Our book club meets once a month. For the Month of October, we are reading *Where the Crawdads Sing* by Delia Owens! Join us to discuss this enjoyable read

## **Mappina Club**

Fun fact: in an Italian kitchen, a "mappina" is a dish towel. This month, we will have a session making homemade pasta and a session decorating cut-out cookies \*Sign up required\*

## **Pickleball Basics for New Players**

If you are a beginner pickleball player, or you want to learn how to play, join us in the gymnasium to practice and continue to learn the basics and fundamentals. Paddles provided. \*Sign up required\*

## **Lunch & Rummikub**

Bring a bagged lunch and join our AOA staff, Maria. Don't know how to play Rummikub? No worries, we will teach you

## **Poker with Vinny**

How does a friendly game of poker sound? Vinny, one of our members, has been dealing poker for many years. Join him in the lounge and see how the chips may fall! \*Sign up required\*

## **Cummings Nature Center in Naples NY**

Meet at the Center at 11:15 am. Bring your lunch and we will picnic in our pavilion from 11:30-12:15 pm. The guided tour is \$7 per person. there is a severe weather indoor location, bathrooms, and options to explore indoor displays at your own pace. Water bottling filling station next to bathrooms and guided hike from 12:15-1:45 pm. \*Sign up required\*

## **Line Dancing**

Do you love to line dance? Dance on into the Group Exercise Studio for a little Cha-Cha Slice, Electric Slide, Cupid Shuffle, and more

## **New: Seated Tap Dancing**

Grab your sneakers, dress shoes or tap shoes and join us for a fun tap dancing class! We will be seated the entire class. No tap dancing experience is necessary! For your first class, please attend the "Beginner" Class and after that attend the "Intermediate" class

## **Special Presentation: Downsizing 101**

Our Group Exercise and Aquatics Instructor, Karin, will provide strategies for downsizing our homes and lives as we move into 2025

## **Special Presentation: Dr. Sam Camarata of Camarata Chiropractic PLLC**

Dr. Sam Camarata of Camarata Chiropractic PLLC - natural solutions for inflammation, pain relief, arthritis & enhancing mobility

Scan the QR code and join our YMCA AOA  
Facebook group to stay updated  
on all AOA Programming!



If sign up is required, please sign up at the Member Services Desk!  
Email [maria.tette@rochesterymca.org](mailto:maria.tette@rochesterymca.org) with any questions, interests or talents